

# YOU GOT THE POWER

— BETO ASTORGA —



**SUPPORT GUIDE & SUGGESTIONS**  
TO FACE THIS CURRENT CRISIS AND OTHERS.

English



**@BETOASTORGAC**

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## **Beto Astorga.**

CEO of Bpraxis, motivational artist, Neurolinguistic Coach; expert as a motivational speaker certified by NLP's Chilean Society.

Actor & Communicator - "People Communication Award 2007" of UNIACC (Chile). Teacher and author of "Rompe con Todo" (2017), he has been performed in different countries in South America such as Argentina, Peru, Colombia & Chile. He is also a musician, guitar player and composer of the Chilean band "Lanudosis" for 12 years and currently composing his own songs.

He has worked with great brands and companies like Bimbo, Cristalerías of Chile, Canal13 (Chile), Greenpeace, Claro, BancoEstado, Meta4, EAFIT University, UNIACC, among others.

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Author: Beto Astorga

Text Edition: Beto Astorga

Design, Illustration and Cover Photography: Miguel Astorga

Biography Photography: Versan Radical

General Idiomatic Supervision: Idiomatic Service

Idiomatic Editor: Carolina Villalon

Translation into English: Versan Radical

Translation into German: Carmen Comberlato

Translation into Italian: Filomena Locantore

Translation into French: Francisco Recart

Translation into Portuguese: Regiane Kaminski

I would like to start expressing gratitude to life that has given me this tremendous opportunity to write and share to fulfill my reason for living...to serve and contribute to people. Also, to each of the people that collaborated to make this small book a reality. Thank you for your art, time and magic!

I dedicate this guide to each person that has been through this world, to those who are here and those who will come. Let's do it! together and united.

This is for you!

For more information, visit our official website: [www.bpraxis.cl](http://www.bpraxis.cl)

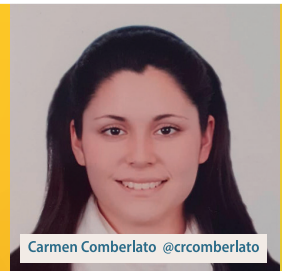
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## BETO ASTORGA'S WORDS (AUTHOR):

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Santiago of Chile, 2020

We are in the middle of a deep crisis, exposing great virtues and great shortcomings that we have as society. We are facing changes at a level of thinking and understanding of who we are as civilization. Life is like that... a constant transformation, change and adaptation are part of survival of the species as is nature itself.

Different manifestations around the world is showing us a global annoyance to the "current model" of how society works. we are also currently facing a global pandemic that has taken thousands of lives so far and it is projected to be thousands more around the world.

In virtue of the current situation we are experiencing, I have created this support guide and suggestions to face this current crisis, however, this small book can help you in any stage or moment of your life, therefore... I hope this book is with you.

During the greatest modern crisis for humanity, many questions arise: What will happen? What will we do now? What will we do during the quarantine period? How will I work from my home? What will we do with our kids?

Well, here is a small guide of support and suggestions that I hope it will help you.

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## I'M WITH YOU

I'm with you, you're not alone.

We are united through every atom that defines our existence...

I'm with you when I recognize in you the creation and life itself...

I'm also with you when I see what's happening to our civilization...

I'm with you now in your mind and you're with me in my desire.

Everyone has a light as big as you think you have, it is our duty to take care of it, look after it, make it grow so that others may illuminate and find their paths... make your light shine in the dark, maybe someone will see it and therefore it will become in its guide. We are all together.

Imagine how powerful when you say to the people you love: "I'm with you".

(If you can't do it face to face, use whatever means you want).

I will leave you here, in the middle of these letters, so that you know that I will still be with you, I am at the power of each of these words and in the depths of its meaning... through this experience, I am with you and that you are here for me means you are with me. It's for you.

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## LET'S GO

Take a pause wherever you are, find a comfortable place, take a deep breath, inhale and exhale slowly for a few minutes.

(If you like, you can close your eyes once you read the text below).

Inhale calm, exhale your problems

Inhale strength, exhale stress

Inhale life, exhale fear

Inhale love, exhale fear

Inhale... (whatever you want).

Exhale... (whatever you want).

Inhale beautiful things that life gives you...

Exhale what you don't want with you.

Project an imaginary image where you can see yourself in the middle of a timeline, just as if you saw a movie in front of you where you can look at yourself, in the third person.

Behind you is your story, your experiences, the facts that have happened in your life...what makes you who you are today. Ahead is the unknown, what we do not know, we can speculate and imagine what will be ahead, however "today" we have a powerful option of being able to decide what to do now. The present is the most powerful gift we can have by being alive. What would you like for yourself in the future?

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# GROW YOUR INNER WORLD

You have many opportunities right now and one of them is a great opportunity:

Amplify your inner world, discover beyond what you're used to, get to know yourself in peacefulness...

Look where emotions are born, where the eyes cannot see...where senses connect with life itself. How long has it been since you took that time?

If your life is more focused on your outer life, the stimulus and noise, you will probably have a hard time connecting with yourself. This generates anxiety by having all the stimulus you usually have, like going out with people all the time, going to places you frequent or even getting desperate about not knowing what to do. Learn to be more with yourself and peace will be with you.

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## TAKE CARE OF WHAT YOU THINK

Your beliefs and what you think shape your reality. Our brain does not differentiate what is real from what is real than you're imagining. Therefore, if you think about negative things and live by feeding and encouraging negative beliefs, what do you think is going on in your brain? Our cells respond to what you are, and you are what you think, what you believe and what you do.

Try to mentalize yourself into positive things, visualize your life after this situation, associate this visualization into the positive and all the good things to come. Perhaps it is good to turn off for a while the news and all the information that we receive through the networks that makes us speculate, think about unfortunate events.

Absolutely everything that we have not personally verified we believe only by faith, therefore, remember that all or the great majority of people have lied at one point, why the network shouldn't do it?

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## STIMULATE YOUR BRAIN

The challenges and stimulus to your brain brings positive consequences for your daily life. Propose challenges of puzzles, math, creative, develop great ideas that allow you to stay active. Connect with reading, music, art... go deeper into these disciplines.

Not everything should television, video games, mobile phone or tablet; you can also review what things you can do to improve your home, make inventories and organize things.

I also suggest, if you can play some board games, those games allow you to interact with people and also challenge you to make decisions and problem solving.

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## TWO POSITIVES FOR ONE NEGATIVE

Every time you hear something negative, some news that you consider regrettable or that goes against your values and principles...look for two positive news or facts that you can rescue with everything that is happening.

If we are going to enter information into our brain, let it be more the amount of positive information in circulation possible, what do you think of that?

Let's keep the focus but lean towards to the positive.

## LEARN SOMETHING NEW

Optimize your time and make the most of it. I suggest you spend an hour of your daily time to study any subject, take notes about it, learn and maybe venture some of that into practice.

Feeling good is very important for your immune system, and doing what you love makes you feel good, that you can discover and be creative, it will also keep you active and connected to the motivation you need.

How do you feel when you learn something new?

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# MEDITATE

Meditation is a practice that has many benefits for our health, such as decreasing stress levels, so we do not secrete cortisol, it also helps us stay more emotionally stable, it helps us relax, among other things.

I will leave you a brief meditation; I hope it will help you to be relax. In case of anxiety or some crisis, you can also help with music.

Find a place where you can quiet. you can do it lying on a bed facing up or if you want you can do it sitting on a chair or sofa.

Close your eyes and concentrate on your breathing, inhale and exhale slowly, perceiving how the air enters your whole body and fills every space of your being.

Slowly imagine that the air is taking on a particular color, one that only you know, your color.

(Take your time, do it very calmly).

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Try to keep your mind blank and concentrate on your breathing, feel the weight of your extremities. Then travel, I want you to go to an incredible place and pay attention to every sound and details of the place, perceive the pleasant smells, the textures of things or nature around you. How do you feel in that place, How are you when you are in this place, How do you observe from this special calm, How does it feel to be in such a magical place?

(Enjoy this space, you can change the place every time you practice meditation and you can even guide it yourself and share it with your family and friends).

And when you are done, try to remember how you felt in this incredible place. Then you will be able to visit other places and travel to other spaces. Keep this feeling with you and carry it with you always.

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## BE GRATEFUL

Sometimes we focus on negative thoughts, we become prisoners of an inner cell much more terrible than we think it is. Be grateful for the opportunity that you have to be alive, to be able to change, to be able to transform, to be able to feel as you feel...I could tell you many things, but I would rather remind you of the following.

Make a list of 10 things you are grateful for in your life or if you like, every day find something to be grateful in this life. Sharing this exercise with your family; unites us and makes us value more what we are when we are all one.

Once we get out of this moment, check your list. ... It will be powerful.

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## GIVE FEAR ITS SPACE

Fear is that instinct which helps us to survive and stay alive. In times of acute crisis as well as the current ones, we must be careful with so much stimulus and what we let into our minds. Think of all the things that causes excess of fake news, anticipating situations that have not occurred, making hasty decisions... all this leads us to live in constant fear, stress, secreting cortisol and our cells communicating with each other, living in a climate of fear.

Give fear its space, look at it, go deeper into what you fear, then verbalize it, communicate. Go deeper... What am I afraid of, what can I control about it? What you can't control... make it small, imagine it's getting smaller... and imagine you solve that crossroads.

Fear can also be an impulse... courage lives in you; it is never forgotten.

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# MAKE A LIST OF EVERYTHING THIS SITUATION HAS TAUGHT YOU

It is very important to be aware of everything that we have learned from this situation, not only for ourselves but for those who will come, we will have to act differently in order to not to have the same result again.

Becoming conscious, writing and taking them to something visual, will help your brain to retain it with more power.

Make a list of all the things you have learned, on a personal and professional level. It will allow you to improve as person, professionally and you will feel better about yourself.

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## CREATE AN EXCLUSIVE WORKSPACE

With so many distractions and stimulus, it is vital to design a suitable workspace in order to perform and produce properly. Try to keep this space well lit, use it exclusively for your work and try to assign the necessary time.

If possible, try not to eat in this space, leave that for other spaces and moments. Your concentration is vital so try to avoid doing other things while you work.

While you work, you can use headphones and leave music in the background.

Let your family know that during certain hours of the day, the space you are using you need to be focused and free of stimulus.

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## MAKE YOURSELF USEFUL TO OTHER PEOPLE

Contribute to the environment at home, work or wherever you are. If you are alone, to the people who you wish to communicate. Imagine what it can mean to a person, if you make them feel useful and highlight those virtues.

Children can also contribute and know that they participated in activities during this process that helped to improve family environment.

Make them stand out!.

## REDISCOVER THE INNER CHILD INSIDE YOU

Play!

Discover skills you have on pause or asleep.

Sometimes we leave in the background the ability we have to learn by playing, to connect our world to the creative world and especially to the children's world... where with imagination: everything possible.

How were you as a child and played?

How would you be if you played more like you used to play?

What benefits would it bring to you?

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## **CREATE A NEW GAME WITH YOUR FAMILY**

Stimulate your creativity and your family members too, join forces to create a new game together and put it into practice. The fact of doing a creative act together will generate a powerful memory and you will be able to share it with everyone you wish.

## **MOVE YOUR BODY AND ENERGY**

What happens to static? What happens to stagnant water? The universe is energy flow, constant movement... your body is composed of 60% water. Move your body and energy, do things, move around, if you haven't done exercise before, maybe it's a good time to start, in social networks there are thousands of videos explaining how to start doing exercises at home without special equipment.

Come on, you can do more!!

In your life you have known how to start something. Come on!

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## BE A GOOD ROLE MODEL BY EXAMPLE

What you communicate will remain in the minds of those who lived with you this crisis. Children will learn what they felt, heard and seen during this pandemic. You will also have a memory and feeling associated to this whole process they went through due to this situation.

Let's be a role model with responsibility and honesty.  
Balance and truth are very important.

## CONTACT A FRIEND YOU HAVEN'T HEARD FROM IN A WHILE

A good idea is to get back in touch with old friends is to contact one of your friends that you haven't heard from a while. If you set a weekly goal, you will have five friends per month with who you will get back in touch. Imagine the positive energy that will come to that person and to you.

In complex situations sometimes a good conversation can open new paths. In a couple of months many friends will have recharged their energy and so will you.

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# **GET INTO THE HABIT OF READING**

Dedicating part of your time to cultivate a reading habit is a huge benefit to ourselves. Reading helps us develop our concentration, learn about new subjects, improve our spelling and expand our reference map among other things. However, I want to go deeper into the fact that reading activates creativity at deep levels, we can imagine, deduce, create images that stimulates us.

Invest your time rather than letting time pass by. Take advantage to do what you thought you couldn't do before due to the lack of time.

# **FIND NEW PERSPECTIVES**

When we look at something from a point of view, we stay with that interpretation. If we look for other views, other perspective, we can have more options to interpret what is going on, search for more options.

If you have a discussion, for example: put yourself in the other person's shoes. What points of view do you agree with that person? And ask the other person the same question, what do you agree with me?

It is more than this situation.

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## INCORPORATE NEW RESOURCES

I want you to find a quiet place and give yourself a few minutes to do this exercise.

Then think about those internal resources that you need or you would like to have incorporated to live this crisis in a better way, either in a more ecological way with yourself or in a more functional way (For example: Courage, confidence, etc.).

Once you have detected them, close your eyes, focus on your breathing, and imagine that you are standing on an illuminated circle which shields and protects you. (Once you have incorporated a resource, I want you to go one by one and repeat the process).

I want you to look for that experience in your life, specifically the most significant one you have felt and experienced “Using that resource”. Review your story and find the moment. Try to bring back those memories in your mind, in the first person “I”, real way... How did you feel? What does it feel like to use this resource? How do you speak and how you cope when you use this resource?

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Find a posture and when you are living the experience to the fullest, do any gesture, use that movement and posture to record in your body and mind this process. Every time you need it, come back to it and repeat the gesture.

Another complement is that you can also imagine, and you can see yourself (Third person) as how you are when you already incorporated this internal resource how you are in your environment.

In case you feel that never experienced that feeling, search for references that are a great example of the use of this resource and try to imagine how would it be if you incorporated.

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## WHAT DO YOU DO TO BE THE CHANGE YOU WANT TO SEE?

We have seen and heard how paradigms have been changing in the last years, regarding to our society, equity and the vision we have of our existence in this world. Perhaps, there is more awareness and therefore we have talked directed issues that years ago felt far from being discussed

.

Each one of us can be immersed into a global crisis, country crisis, professional crisis, a family crisis or a personal crisis. What is your role in them?

What changes would you like for you? Be an example.

What changes would you like for your family? Excellent, do it.

What changes would you like to incorporate as a professional? Great.

What changes would you like for your country? Very good.

What changes would you like for the world? Excellent, an unshakable belief and do it.

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# **THINK ABOUT WHAT YOU'D LIKE TO GIVE TO THE WORLD AFTER THIS**

What would you like the world to be after this?

What would you like to leave for your descendants?

What do you think is important to incorporate as a society?

What would you be willing to do to leave a better world?

What is your first action to transform this world?

When will you start?

How will you know that you are changing the world?

## **EXERCISE YOUR BODY**

It is 100% linked to well-being and health. Exercising helps us to release endorphins, reduce stress, keep our brain active, have good oxygenation of our lungs, work discipline among other things. Doing any sport regularly will allow us to keep our body functioning in a healthy way.

Thanks to technology, you can take any of your devices and look for videos to do exercises at home. You can do it by yourself or with your family members and create a moment for physical conditioning.

The benefit will be wonderful not only for your health, but also for your family, remember that we learn through modeling.

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## **PLAN YOUR WEEK WITH SCHEDULES**

Organize your efforts will allow you to have an aim, a target and a direction.

It will also give you stability and security.

Manage your time is also vital to produce, play, rest, etc.

As a suggestion for each morning, it is very healthy to keep yourself clean and take a shower, dress up and feel comfortable will keep your energy flowing.

## **SEARCH FOR A SHARED TASK AND GOAL PLAN**

It is very good to distribute tasks among the family members, share activities and propose objectives of domestic tasks between all members. This will help to feel small challenges to decrease the intensity of stress and anxiety. Having responsibility for some tasks will keep you active.

In case you are alone with this guide...It applies the same way for you.

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## USE THE SOCIAL NETWORKS TO YOUR ADVANTAGE

We are used to using social networks to communicate with our family, friends, environment and thus also learn, sell, watch, entertain ourselves, etc. Imagine using social networks to your advantage. I will give you some examples:

You can search for videos of that hobby you left behind, so you can learn more from it and you can go deeper into that field.

You can listen to a complete album of an artist or a band you like, pay attention to it and find a moment to relax.

You could also filter the contents you want to see and those you don't. This way you don't expose your brain to an excess of information and you rather select from which side of the road you want to be.

If you feel that you are alone, you could use daily video calls to make your stay better and your family in your home as well. Keep open links with those who are part of your inner circle.

WE ARE ALL TOGETHER.

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## **CREATE A HEALTHY ENVIRONMENT AT HOME**

It is important that family members understand the situation that we are in, but that they also perceive your state of security and wellbeing, it will be what they remember in the future when they look back.

Let's accept reality and be positive, let's highlight the good in everything that is happening to us. Let's do activities with our family or friends by video call.

The sensations associated with the confinement will remain, how would you like those sensations to be? Get started.

## **FIND A WAY TO GET YOUR EMOTIONS OUT**

During crisis processes it is sometimes normal to be afraid, uncertainty, the urge to cry or to be depressed.

Try to free your emotions, whether by exercising or performing some tasks that for you it will contribute to that freedom. You can also tell people you trust how you feel, you can write it down or even compose a song or paint it.

Maybe it is not time to look who to blame, but it is time to search for a connected version to yourself that is more important than you think.

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## BE KIND TO YOUR NEIGHBORS

When you live with stressful situations, some people may be more irritable, others a bit more nostalgic, sensitive or depressed. Being kind with your neighbors can contribute to a good environment. Think also about how many people may be unable to shop, to perform some task, either because of illness or physical conditions...help them, be kind with them, be the person that people might think doesn't exist...within your possibilities... be the best you can be with others.

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# YOU HAVE WHAT YOU NEED TO MAKE IT HAPPEN

You are powerful.

Throughout your life you have experienced different situations, since your childhood you have overcome obstacles, you have had a process of growth. Each experience you have lived today are part of your story and biography. In your brain they are being recorded: emotions, sensations and experiences...

Look for those experiences in your life, when you felt very happy, strong, connected and powerful...

Try to connect with those feelings, where you were, how it was and how it felt like... spread it around your body.

## YOU HAVE WHAT YOU NEED TO DO THAT!

Even if there's one last breath left, to be enlightened by life itself...

Let's us know that if we lose, we will have given everything...

You are so strong as the majestic and upright oak tree...

As vital as the raindrops that fall on our lands...

You have the scent strength of the soil of leaves...

You are connected to nature of life itself...

Ask Life, Light and Energy...

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YOU ARE ALIVE.  
THIS IS YOUR WORLD.  
THIS IS YOUR STORY...  
HOPE WILL PREVAIL IN YOU  
THE LIGHT THAT HUMANITY CARRIES LIVES IN YOUR DNA...  
OPEN YOUR HEART...BELIEVE...TRUST...

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